



WINTER 2021 CSA PICK UP GUIDE

1. Locate the sign in sheet and your name

- Check off your name.
- Item(s) delivered for you will always be listed in your row.
If you believe the sign-in-sheet is incorrect, email us at csa@lancasterfarmfresh.com or call 717.656.3533 x2

Pickup List for Ph. Leslie	Vegetable Share	Mini Custom	Eggs	Meat	Chicken	Fruit	Flower	CSM	Herb	Cheese
John Adams	LG Vegetable					Fruit	Flower		Herb	Cheese
George Washington	MD Vegetable		Eggs							
William Taft	SM Vegetable			Meat	Chicken		Flower		Herb	Cheese
Franklin Roosevelt		Mini Custom	2 x Eggs			Fruit		CSM		Herb
Andrew Jackson	LG Vegetable					Fruit			Herb	Cheese
Thanks for your support!										

2. Locate your item(s)

- Before your first pickup, **review the detailed explanation of our shares on the next page!**
- Shares are packed in boxes or in the plastic cooler/cooler boxes.



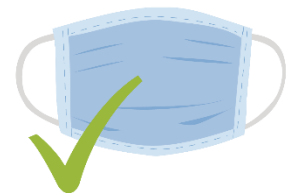
3. Unpack your shares and break down your box(es)

- You can take home your shares as they are delivered or load your items into reusable bags
- If you leave your box, please unfold it as a courtesy for your host
- Boxes left at your CSA site will be returned to the Co-op



COVID-19 Pickup Guidelines

- Wash your hands before and after visiting your site
- If you are experiencing COVID-19 symptoms or have been in contact with someone who has the virus, **DO NOT** go to a CSA site. Do not send someone who has symptoms or been in contact with someone with the virus.
- **Masks or other face coverings** are always required at the pickup site!
- Maintain adequate physical distance – if someone else is picking up, wait until they have left the collection area before you enter.
- **ONLY** touch the items at the site that are yours.



FAQs

What if I am going on vacation? If you provide us with at least a week's notice, we can "pause" your delivery for one week. You can choose to receive replacement items in a future week, or store credit on your online account to be used toward any future CSA purchase.

What if I want a friend/family member to pick up my share? You are responsible to pass along all pickup instructions to them. Most CSA mistakes occur when members send substitutes – please help us avoid mistakes that cost our farmers money by sharing this pickup guide with anyone you send on your behalf!

What if my share is missing? Please contact your site host and LFFC (csa@lancasterfarmfresh.com or 717.656.3533 x2). You can find your site host's contact information in the welcome email we sent you the week before the start of the season. We will do our best to help you locate your item.

VEGETABLE SHARES

For winter, there is only one vegetable share size. Veggies are individually boxed – one box per share.



OMNIVORE SHARE

1 meat item + 1 cheese item + 1 pantry item

Take 1 meat item (labeled **omnivore meat**) and 1 cheese item (labeled **omnivore cheese**) from the cooler and 1 pantry item (from pantry box or cooler)



VEGAN SHARE

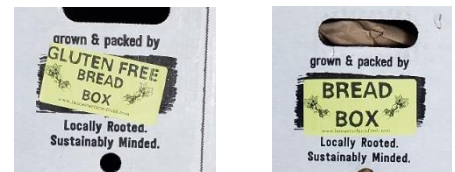
1 block tofu + 1 loaf of bread + 1 pantry item

Take 1 tofu item from the cooler, 1 item from the pantry box, and 1 loaf of bread from the bread box. **Bread and pantry item are stored in cooler at some sites.*



BREAD/GF BREAD

Collect one loaf of the appropriate bread per share out of correct box or cooler.



Refrigerated items are sent in a white cooler OR in a cooler box. If you do not see a plastic cooler at your site, please look for a cooler box(es) instead.

CHICKEN, CHEESE, & MEAT SHARES

These shares are **bagged and labeled with the customer name**. Always make sure you are taking the bag with YOUR name.

EGGS

One dozen per share: **Bi-weekly egg shareholders**: always double check the sign in sheet before collecting an egg carton.



YOGURT

Pay careful attention to **low fat vs. original please!**

MILK

Pay careful attention to **whole vs. 2% please!**